

Daily Affirmations- February 2016

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

Affirmations have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Monday, Feb. 1 st	Today I will be the best version of myself.
Tues., Feb. 2 nd	Take every day one step at a time. It will get easier.
Wed., Feb. 3 rd	First, finish today.
Thurs., Feb. 4 th	NO Regrets.....Just life lessons learned.
Fri., Feb. 5 th	Today I started thinking of you instead of myself.
Sat., Feb. 6 th	Always know you have the ability to move forward. Forget past bad choices.
Sun., Feb. 7 th	Keep faith even when it seems there's no way out.
Mon., Feb. 8 th	A clean and sober life is possible. I have a plan.
Tues., Feb. 9 th	Always give a helping hand.
Wed., Feb. 10 th	When you feel discouraged, look to your faith and be encouraged.
Thurs., Feb. 11 th	Stand up. Speak for yourself. They don't know how you feel if you don't tell them.
Fri., February 12 th	This is not the end of my story. The next chapter is one of success.
Sat., Feb. 13 th	Stay true to yourself.
Sunday, Feb. 14 th	Prayer changes things.
Mon., Feb. 15 th	Today I practice creation, not competition.
Tues., Feb. 16 th	You choose the path you take in life. Own it.
Wed., Feb. 17 th	Kids over everything!
Thurs., Feb. 18 th	Do to others as you wish done upon yourself.
Friday Feb. 19 th	Never give up on God because God will never give up on you.
Sat., Feb. 20 th	It's all in the state of mind.
Sunday, Feb. 21 st	Fear looks back. Faith looks forward.
Mon., Feb. 22 nd	Patience is a must.
Tues., Feb. 23 rd	Believe in miracles! Make it happen.
Wed., Feb. 24 th	Always think and be positive.
Thurs., Feb. 25 th	Fear no man.
Fri., Feb. 26 th	I will live life to the fullest and make good choices in doing so.
Sat., Feb. 27 th	Today I chose to love ME!
Sunday, Feb. 28 th	Faith the size of a mustard seed can move mountains!
Monday, Feb. 29 th	Everything in life happens for a reason.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.
Please feel free to offer your own favorite or most powerful affirmations.

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power. One Day at a Time.

"When you forgive yourself and forgive others, you are indeed free."- Louise Hay
"Make sure everybody in your boat is rowing and not drilling holes when you're not looking.
Know your circle." – Author unknown